



Happy New Year!

# Health News Update

## Sexual Assault Prevention Strategies

- Shannon Bentley, RN

### New on the Web

Job Corps List of Preferred Medications (December 2006):  
<http://jchealth.jobcorps.gov/documents/general-health>

Program Instruction 6-16:  
Suggestions for Increasing Student Safety and Suicide Prevention: <http://jchealth.jobcorps.gov/documents/program-instructions>

Preventing sexual assault to students while at Job Corps is the responsibility of everyone on center, including students. Each center should have an active Sexual Assault and Response Team (SART), quarterly strategy meetings, and, at the very least, annual staff trainings. Education components should be introduced during the first week of the Career Preparation Period and should be an integral component of Career Development Period and Career Transition Period. It is everyone's duty to ensure student safety.

We often picture females as the victims of sexual assault. However, males can be victims of sexual violence as children, teens, or as adults. Studies show that one out of

seven males will be the victim of some type of sexual assault before age 18. In the United States, approximately 10 percent of reported rapes involve male victims, and many more go unreported. Males are often reluctant to report the crime of sexual assault or seek services because they feel humiliated, shamed, or feel that seeking help will make them appear weak.

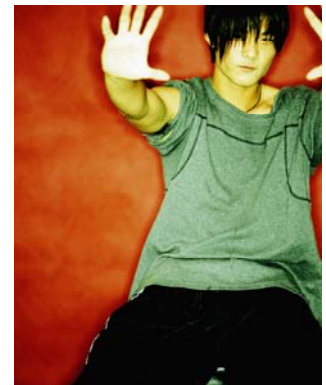
If a sexual assault occurs on center, activate your SART, be prepared and, most importantly, ensure the safety of the student.

Below are some sexual assault prevention tips to educate your students. These tips are meant to keep them safe during their stay at Job

Corps and throughout their lives. Staff may find these tips helpful as well.

Continue reading online:

<http://jchealth.jobcorps.gov/health-topics/sexual-assault/sexual-assault-articles/saps>



"The beginning of a new year is a good time to re-evaluate your life and commit to change. Change won't happen if the person has not focused on self awareness. Self awareness involves how one thinks, feels and behaves through one's presentation of self and the way one projects their tone of voice.

This is a good time to do a self inventory: evaluate positives and negatives and what you like and dislike about yourself and your life. It is important to set goals and priorities.

You owe it to yourself to be happy.

Set commitments, make change happen.

Challenge yourself in 2007."

*Denise Namowicz, CMHC, Red Rock JCC*

## Legal Drug Abuse is Growing

We often hear of the growing use of illicit drugs, such as methamphetamine. In reality, according to the latest Monitoring the Future study from the National Institute on Drug Abuse (NIDA), teens are now less likely to use illegal drugs than they have been in recent years. On the flip side, a growing number of teens admit to abusing prescription medication such as Vicodin and OxyContin and over-the-counter treatments like cold medicine.

According to the survey, one in ten high school seniors have used Vicodin in the past year, and 6.9 percent of 12th graders reported taking cold or cough medicines that contain dextromethorphan (DMX) for the purpose of getting high.

Staff at Job Corps centers are encouraged to keep an eye out for legal drug abuse and monitor over-the-counter medications. More information on the

Monitoring the Future survey can be found at <http://www.monitoringthefuture.org>.

